



CARDIOVASCULAR WELLNESS

Heart Disease & Hypertension

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www.cardiovascularwellness.com

INSTRUCTIONS STRESS ECHO

NAME: _____ **DATE / TIME:** _____ **AM/PM**

If you are unable to keep your scheduled appointment, please notify our office as soon as possible.

A Stress Echocardiogram is a non-invasive procedure that combines a stress test and an echocardiogram. An echocardiogram uses high frequency sound waves (ultrasound) to look at how the various parts of the heart are functioning. This is done both before and after your heart is stressed either by exercise on a treadmill or by injecting a medicine that makes your heart beat harder and faster. A stress echocardiogram is usually done to find out if you might have decreased blood flow to your heart (coronary artery disease).

**PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID BEING RESCHEDULED.
INFORM US IMMEDIATELY IF YOU COULD BE PREGNANT OR
HAVE PHYSICAL LIMITATIONS THAT MAY PREVENT YOU FROM WALKING ON A TREADMILL.**

48 HOURS BEFORE YOUR TEST

NO Viagra, Cialis, Levitra, or Revatio

24 HOURS BEFORE YOUR TEST

NO Beta-blockers such as atenolol, metoprolol, Toprol XL, Lopressor, Coreg, carvedilol, Bystolic, bisoprolol (UNLESS otherwise directed by your physician).

CONTACT us if you have questions regarding medications.

12 HOURS BEFORE YOUR TEST

DO NOT smoke or use any nicotine products.

NO coffee or tea of any kind.

NO decaffeinated coffee or tea of any kind.

NO colas or soft drinks, including those labeled caffeine free.

NO chocolate (candy, cakes, pies, cocoa, white chocolate, etc.).

NO Anacin, Excedrin or other drugs containing caffeine.

DIABETICS if you take insulin at bedtime, only take half of your usual dose.

THE DAY OF YOUR TEST

DO NOT eat, drink or smoke for 4 hours prior to your test.

DO have water, juice or lemonade to ensure that you are well hydrated.

DO take your medications as usual, **EXCEPT** those listed above, **UNLESS** otherwise directed by your physician.

DO NOT take any oral diabetic medications or insulin until after your test.

BRING ALL MEDICATIONS INCLUDING INHALERS with you in their original containers. We may instruct you to take certain medications before, during, or after your test.

WEAR comfortable loose fitting clothing.

WEAR enclosed shoes appropriate for **WALKING**. No slip-ons, sandals, house shoes, or dress shoes. Sneakers preferred.

DO NOT apply lotions or powder to your chest area on the day of your test.

ARRIVE 30 minutes prior to your appointment time.

ALLOW at least 1 hour to complete the test.

RESULTS will be communicated to you by your physician after interpretation on a follow up appointment.